The Incredible Years Parent Programs
Program developed by Carolyn Webster-Stratton, Ph.D., Professor and Director of the Parenting Clinic at the University of Washington.

Logic Model created by the Evidence-based Prevention and Intervention Support Center (EPISCenter) at Penn State University and Carolyn Webster-Stratton, Professor, University of Washington

- Program Components
  - IYS BASIC Parent Program
  - IYS ADVANCE Parent Program

- Targets
  - Decrease Risk Factors
  - Increase Protective Factors

- Proximal (Short-term) Outcomes
  - Improved Family Interactions

- Distal (Long-term) Outcomes
  - Reduced Antisocial Behavior

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Component: IYS BASIC
Parent Program (Preschool and School Age versions)
Goal: Enhance positive parenting interactions, coaching & attachment with children and proactive discipline.

Component: IYS ADVANCE
Parent Program (Preschool and School Age versions)
Goal: Enhance effective family communication, anger and depression management, problem solving, support networks & partnerships with teachers.

Program Modalities Specific strategies, methods, and techniques are used to accomplish the program goals.

Risk Factors:
- Parent personal/interpersonal problems
- Ineffective parenting skills
- Low monitoring
- Numerous stressors (negative life events, socio-economic disadvantage, and isolation)
- Low parent involvement with schools/teachers
- Child biological factors (developmental delays, ADHD, cognitive, language)

Protective Factors:
- Positive, nurturing, developmentally appropriate parenting skills
- Parent support for child social, emotional and academic development
- Parent support networks
- Parent partnerships with teachers/schools
- Parent effective communication skills, anger management, problem solving

Targeted Risk and Protective Factors
Risk factors, which increase the likelihood of negative outcomes (e.g., drug use, delinquency, school dropout, teen pregnancy, and violent behavior) are targeted for a decrease. Protective factors, which exert a positive influence and buffer against negative outcomes, are targeted for an increase.

Proximal Outcomes
Targeted outcomes that the program has been shown in research to impact immediately following program completion.

Improved Parenting and Interpersonal Skills:
- Increased parent positive interactions with child (e.g. nurturing, praise, coaching, and attachment)
- Increased effective parental limit-setting, replacing spanking and harsh discipline with non-violent, proactive discipline
- Increased monitoring of children, predictable routines & safety proofing households
- Reductions in parental depression & anger
- Increased parent support systems
- Increased positive family communication & problem solving & collaboration with teachers

Improved child behavior at home:
- Reduced behavior problems in child interactions with parents
- Increases in emotional regulation, social competence, problem solving and compliance with parents

Improved child behavior at school:
- Increased social and emotional competence with peers in classroom
- Increased problem solving
- Reduced behavior problems
- Increased academic readiness, affect, social competence and compliance

Reduced Antisocial Behavior:
- Less aggressive, destructive behavior & conduct disorders
- Less depression
- Less use of drug and alcohol use
- Less likely to drop out of school
- Less criminal activity
- Less pregnancy